



# Journal of Evidence-Based Integrative Medicine

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**This article has been retracted.**

Retraction in: [J Evid Based Integr Med. 2020 February 3; 25: 2515690X19889145](#)    See also: [PMC Retraction Policy](#)

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**Table 1.**

Summary of the Results and Statistical Significance of the Reviewed Biological Outcomes.

Type of Therapy	Authors (Year)	Patient-Reported Outcomes	Biological Outcomes
Manipulative and body-based methods			
– Therapeutic massage	McDonald et al (2005), <sup>12</sup> Listing et al (2010), <sup>42</sup> Listing et al (2009), <sup>43</sup> Fernandez-Lao et al (2012), <sup>44</sup> Cantarero-villanueva et al (2011), <sup>45</sup> Green et al (2010) <sup>46</sup>	Anxiety levels, depression, anger, fear, <sup>12</sup> stress levels, low back pain, muscle pain, sleep, blood pressure, heart rate, mood improvement <sup>42,43</sup>	Natural killer (NK) cells, lymphocyte counts, dopamine, serotonin levels, <sup>12</sup> IgA levels ( $P = .655$ ), <sup>44</sup> ( $P = .184$ ), <sup>45</sup> $\alpha$ -amylase ( $P = .111$ ), <sup>44</sup> ( $P = .046$ ), <sup>45</sup> salivary cortisol ( $P = .363$ ), <sup>44</sup> ( $P = .729$ ), <sup>45</sup> lymphocytes ( $P = .05$ ), IL-1, IFN- $\gamma$ ( $P = .02$ ), IL-4 ( $P = .02$ ), IL-10 <sup>46</sup>
Mind-body interventions			
– Iyengar yoga	Banasik et al (2011), <sup>49</sup> Speed-Andrews et al (2010) <sup>50</sup>	Vitality, pain, emotional well-being ( $P = .045$ ), <sup>49</sup> mental health ( $P = .045$ ), vitality ( $P = .033$ ), role-emotional ( $P = .010$ ), and bodily pain ( $P = .024$ ). <sup>50</sup>	Cortisol ( $P = .006$ ) <sup>49</sup>
– Tai Chi Chuan	Janelins et al (2011) <sup>51</sup>	Functional capacity, aerobic capacity, muscular strength and flexibility, self-esteem, bone health and quality of life <sup>51</sup>	IL-6, IL-2 (all $P \leq .05$ ), insulin ( $P = .099$ ) <sup>51</sup>
– Psychological interventions (eg, hypnosis, guided imaging, and relaxation)	Chandawani et al (2012) <sup>3</sup>	Stress <sup>3</sup>	Neuroendocrine functioning, cortisol levels <sup>3</sup>

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Abbreviations: NK, natural killer; IgA, immunoglobulin A; IL, interleukin; IFN-  $\gamma$ , interferon- $\gamma$ ; CD19+9, B-lymphocyte antigen CD19+9; CTRA, conserved transcriptional response to adversity.

